



SYMBIOSIS COLLEGE OF ARTS & COMMERCE

An Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

COURSE TITLE

ADJUSTING TO LIFE CHALLENGES IN MODERN ERA

Course Learning Outcomes: Students will understand the overall span of childhood development along with theories and different perspectives, they will be equipped to deal with biological

On successful completion of the module students will be able to:

1. Explain various perspectives of psychology of adjustment.
2. Understand the modern ways of effective adjustment.
3. Detect and resolve conflicts and aggressive behavior.
4. Understand marital stage and the various adjustments needed for the same.
5. Make appropriate career choices and guide others to do so.

Detailed syllabus

Unit	CONTENTS OF THE COURSE	No. of Lectures
1.	Adjusting to Modern Life 1.1 Psychology of adjustment- Nature and definition 1.2 What is modern life. 1.3 Various problems related to modern life 1.3.1 Pathological problems 1.3.2 Digital platform problems	14

	<p>1.4 Modern life and mental health</p> <p>1.5 Challenges of urbanization</p> <p>1.6 Healthy lifestyle</p>	
2.	<p>Marriage and Intimate Relationship</p> <p>2.1 Moving towards marriage</p> <p>2.2 Marital adjustment across the family life cycle</p> <p>2.3 Vulnerable areas in marital adjustment and divorce</p> <p> 2.3.1 Gaps in role expectation</p> <p> 2.3.2 Work and career issues</p> <p> 2.3.3 Financial difficulties</p> <p> 2.3.4 Inadequate communication</p> <p> 2.3.5 Deciding on and adjusting to divorce</p> <p>2.4 Alternatives to marriage: Remaining single and cohabitation</p>	13
3.	<p>Stress and its Effects</p> <p>3.1 Nature of stress</p> <p> 3.1.1 Stress in an everyday event</p> <p> 3.1.2 Stress lies in the eye of the beholder</p> <p> 3.1.3 Stress may be embedded in the environment</p> <p> 3.1.4 Stress may be self-imposed</p> <p> 3.1.5 Stress is influenced by culture</p> <p>3.2 Major types of stress</p> <p> 3.2.1 Frustration</p> <p> 3.2.2 Conflict</p> <p> 3.2.3 Pressure</p> <p> 3.2.4 Change</p> <p>3.3 Response to stress</p> <p> 3.3.1 Emotional</p> <p> 3.3.2 Physiological</p> <p> 3.3.3 Behavioral</p> <p>3.4 Potential effects of stress</p> <p> 3.4.1 Impaired task performance</p>	13

	3.4.2 Disruption of cognitive functioning 3.4.3 Physical illness 3.4.4 Positive effects	
4.	Career and Work 4.1 Choosing a career 4.1.1 Examining personal characteristics and family influences 4.1.2 Researching job characteristics 4.1.3 Using psychological tests for career decisions 4.1.4 Taking important consideration in account 4.2 Models of career choice development 4.2.1 Holland 4.2.2 Super 4.3 Coping with occupational hazards 4.3.1 Job stress 4.3.2 Sexual harassment 4.3.3 Unemployment 4.4 Work-life balance: Workaholism, family roles, leisure and recreation	14
	Total Number of Lectures	54

Suggested Reference Books:

Weiten, W., Dunn, D. S., & Hammer, E. Y. (2015). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (10th ed.). Wadsworth Publishing.

Weiten, W., & Llyod, M. (2007). *Psychology to Modern Life, Adjustment in the 21st Century* (8th ed. India). Thomson

Brannon, L., & Feist, J. (2007). *Introduction to Health Psychology* (India ed.). Thomson.

Carson, B., & Butcher, J. N. Mineka (2000). *Abnormal Psychology & Modern Life*. Pearson.

Lazarus, R. S. (1976). *Patterns of Adjustment* (3-rd ed.). McGraw-Hill.

Martin, G., & Osborne, J. G. (1989). *Psychology, Adjustment, and Everyday Living*. Englewood Cliffs, NJ: Prentice Hall.